



The 168 hour week

You are just beginning another 16 weeks of classes, and you may be thinking about how you will make those weekly 168 hours work for you. Your first step to feeling in control of those hours is to know how much of your time is committed and how much is potentially available for the myriad tasks you expect to encounter this semester.

So...MAP OUT YOUR SCHEDULE...*sleeping, eating, class, travel, work, etc.* The attached document may help you. Getting an accurate sense of how much time you spend on your committed activities will make establishing goals, creating a to-do list and adhering to a useful schedule much easier! It's also likely to provide a workable study schedule and promote successful course work.

HAVE A GREAT SEMESTER!

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